Online safety guidance - Parents

https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/ - Advice on how to talk to your children about staying safe online, including having a regular, open dialogue

https://www.nspcc.org.uk/support-us/partner-with-us/nspcc-O2-online-safety-partnership/ - Free advice on all things e-safety, including practical guidance on setting up parental controls

www.thinkuknow.co.uk/parents/ - Age-appropriate advice for parents regarding both online safety and cyber bullying, including how to discuss specific issues. Games and resources for children can be found at - **www.thinkuknow.co.uk**

www.saferinternet.org.uk/advice-and-resources/parents-and-carers - "How to" guides for setting up parental controls on a range of devices, including Xbox, PlayStation, TV on demand (e.g. iPlayer) and your Internet router / Wifi box. Games and resources are also available on the main site at: **www.saferinternet.org.uk**

www.getsafeonline.org - Guidance on everything in your online / digital world, including viruses and hacking, along with content for adults, such as safe online banking and choosing appropriate passwords. Details of whether your email has been part of a data breach can be found at - **https://haveibeenpwned.com/**

https://ceop.police.uk – Place to report inappropriate online behaviour, such as grooming, through the "Safety Centre" at: **https://ceop.police.uk/safety-centre/** You should call the Police if a child is in immediate danger

www.iwf.org.uk - Hotline for reporting criminal content online, such as abusive images. Reports can be made at: **www.iwf.org.uk/report**

https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/ - Report remove form for nude images

https://www.nspcc.org.uk/globalassets/documents/online-safety/minecraft-pdf.pdf contain information on how to use Minecraft safely. Details of child friendly servers for online, multiplayer gaming, are regularly reviewed, such as at: **https://leahnieman.com/family-friendly-minecraft-servers/**

https://www.childnet.com/blog/roblox-a-guide-for-parents - Advice for parents on how to keep children safe when playing Roblox

https://www.commonsensemedia.org/app-reviews/pokemon-go - Parents' guide to Pokemon Go, including details of how to play the game safely

Other recent news articles and guidance

Ofcom, 2021 - Children and parents: media use and attitudes report – 2020/21 - **https://www.ofcom.org.uk/__data/assets/pdf_file/0025/217825/children-and-parents-media-use-and-attitudes-report-2020-21.pdf**

BBC, 2021

- Viewing habits are changing - *TikTok overtakes YouTube for average watch time in US and UK* - **https://www.bbc.co.uk/news/technology-58464745**
- More households have a Netflix subscription than cable / satellite - *Nearly a third of waking hours spent on TV and streaming, Ofcom says* - **https://www.bbc.co.uk/news/technology-58086629**
- Gaming increasingly being recognised as helping with well-being - *Video games 'good for well-being', says University of Oxford study* - **https://www.bbc.co.uk/news/technology-54954622**
- Sharing of nude images - *Girls asked for nudes by up to 111 boys per night, Ofsted finds* - **https://www.bbc.co.uk/news/education-57411363**

Guardian, 2019 – Technology usage by teenagers - *Barely any UK teens meeting exercise and screen time guidelines* - **https://www.theguardian.com/society/2019/aug/26/uk-teens-exercise-screen-time-guidelines**

Very Well Family, 2020 – Possible approaches for limiting screen time – *10 Strategies to limit your teen's screen time* - **https://www.verywellfamily.com/strategies-limit-your-teens-screen-time-2608915**

Family video game database, 2021 – Guidance for parents and carers to navigate the world of video games - **https://www.taminggaming.com/en-gb/** Also includes guidance related to game violence, gambling, addiction and stranger danger. A book linked to the website has recently been released - **https://www.amazon.co.uk/Taming-Gaming-Guide-healthy-habits/dp/1783528923**